

## SUBJECT 3: Training Programmes

### MACROCYCLE IX

#### *2008-2009 Top-Referees' Fitness Programme: The Road to Excellence*

#### **Macrocycle IX, week 1 (Training week 49)**

As it is important to build up progressively the fitness levels towards the beginning of the season, it is also important to decrease the training volume towards the end of the season. Therefore, this week, only 3 training sessions are scheduled with recovery training on Monday, a high intensity training on Tuesday, and a speed endurance session on Thursday. Depending on your own occupations, it is also possible to do these sessions on Monday, Wednesday, and Friday (e.g. in the case there is a match to referee on Sunday). Next week, a last training plan is provided for those referees who still have a match to referee on the one hand, and the other referees who will then enter the off-season or active rest period.

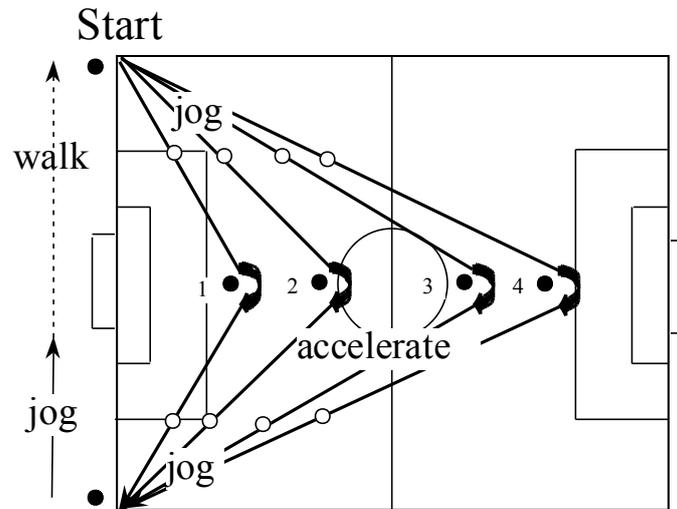
- Mon.:      \* Act. Rec.      - 50' recovery session in a fitness centre  
Tr. 185
- Tue.:      \* Low Int.      - Run-bike-run: for each pair of referees, there is 1 mountain-bike  
Tr. 186
- Those referees who don't have a bike available, they may replace the biking part with active recovery, such as jogging/walking. Alternatively, they can also do it in a fitness centre on a treadmill and an exercise bike. In this case it is important to check in advance the specific running speed that elicits 90%HR<sub>max</sub>.
  - Referee A starts jogging, while referee B, is biking (5')
  - Then referee B starts jogging, while referee A is biking (5')
  - Again, referee A starts jogging, while referee B is biking (5')
  - Then referee B starts jogging, while referee B is biking (5')
  - All together, each referee runs 10' and bikes 10'
- \* Warm up      - 15' extensive warming up, mobilisation and stretching

- \* High Int. - The high intensity part will now be done running, while the recovery will be done biking:
- Referee A runs 1' at 90%  $HR_{max}$ , while referee B is biking, then they change and referee B runs 1' at HI, while referee A is biking
  - Referee A runs 2' at 90%  $HR_{max}$ , while referee B is biking, change!
  - Referee A runs 3' at 90%  $HR_{max}$ , while referee B is biking, change!
  - Referee A runs 3' at 90%  $HR_{max}$ , while referee B is biking, change!
  - Referee A runs 2' at 90%  $HR_{max}$ , while referee B is biking, change!
  - Referee A runs 1' at 90%  $HR_{max}$ , while referee B is biking, change!
- All together, this run-bike-run takes 24'
- \* Cool down - the cool down is now also done in the same way
- Referee A starts jogging, while referee B is biking (5')
  - Then referee B starts jogging, while referee A is biking (5')
  - Finally, referees finish with a 10' extensive stretching

Total duration: 79'

Wed.: REST DAY

- Thu.: \* Low Int. - 5' jogging slowly building up to 70%  $HR_{max}$  ( $\pm 1$  km)  
Tr. 187
- \* Warm up - 20' extensive warm up, mobilisation and stretching
- \* Strength - 4x 30 sit-ups, separated by 4x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- \* Speed End. - Set 1, 4 repetitions of the exercise shown below:
- Jog from start to white cone
  - Sprint 90%  $SP_{max}$  around the black cone (1) to next white cone
  - Jog from white cone to corner flag
  - Then jog to the first post, and walk to the re-start position
  - Now turn around cone 2, next lap cone 3, and last lap cone 4



- 4' recovery before starting Set 2.

- Set 2: same exercise as set 1, but now in reversed order, i.e. firstly around cone 4, then cone 3, cone 2 and finally cone 1.

\* Match - 10' match play

\* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 84'

Fri.: REST DAY

Sat.: Those referees who don't have a game to officiate in the weekend, may do some

Sun.: Intermittent activities such as playing badminton, football, squash, or tennis

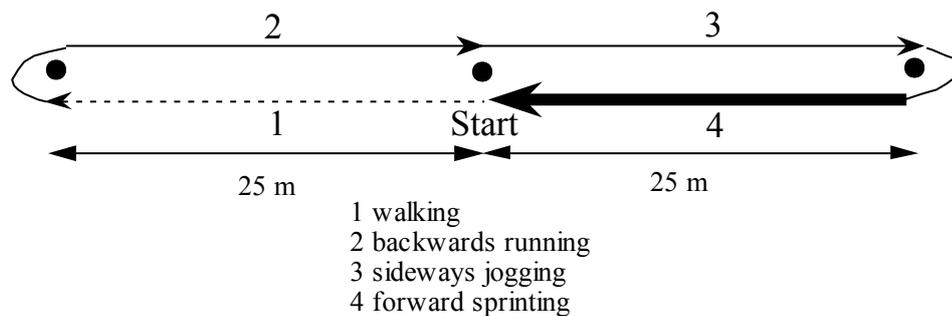
### Macrocycle IX, week 2 (Training week 50)

For the last training plan of the actual season, the training load will again be decreased. Therefore, only 3 training sessions are scheduled with a recovery training on Monday, a high intensity training on Tuesday, and a speed session on Thursday. Depending on your own occupations, it is also possible to do these sessions on Monday, Wednesday, and Friday (e.g. in the case there is a match to referee on Sunday). Those referees who don't have to referee another match, they enter the off-season or active rest period.

- Mon.: \* Act. Rec. - 50' recovery session in a fitness centre  
Tr. 188
- Tue.: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
Tr. 189
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* High Int. - Set 1
- 60" HI-run at 90% HR<sub>max</sub> followed by 60" recovery jogging
  - 45" HI-run at 90% HR<sub>max</sub> followed by 45" recovery jogging
  - 30" HI-run at 90% HR<sub>max</sub> followed by 30" recovery jogging
  - 15" HI-run at 90% HR<sub>max</sub> followed by 15" recovery jogging
  - 15" HI-run at 90% HR<sub>max</sub> followed by 15" recovery jogging
  - 30" HI-run at 90% HR<sub>max</sub> followed by 30" recovery jogging
  - 45" HI-run at 90% HR<sub>max</sub> followed by 45" recovery jogging
  - 60" HI-run at 90% HR<sub>max</sub> followed by 60" recovery jogging
- Followed immediately by a second set
- All together, this HI-run takes 17'
- 3' recovery
- \* Football-golf If the weather and the facilities permit, the referees can play a football-golf tournament. From a central centre circle, they have to try to pass the ball to a number of targets in as less touches as possible. It can be played individually, but also in a team of two referees that alternatively pass the ball until the goal is reached (10')
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 70'

Wed.: REST DAY

- Thu.: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 190
- \* Warm up - 20' extensive warm up, mobilisation and stretching
- \* Strength - 4 x 30 sit-ups, separated by 4 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- \* Speed - 5 laps of the following exercise that consists of:  
- 25m walking  
- 25m backward jogging  
- 25m forward jogging  
- 25m forward sprinting, immediately followed by lap 2 and so on  
- 5' recovery, followed by a second set of 5 laps.



- \* Match - 10' match play
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 75'

Fri.: REST DAY

Sat.: Those referees who don't have a game to officiate in the weekend, may do some

Sun.: Intermittent activities such as playing badminton, football, squash, or tennis.